

Upper Peninsula

**Lake Superior
Soo Bahk Do Academy**
1200 South Front Street
Marquette, MI 49855
(906) 226-4723

Traditional Martial Arts and
Self-Defense Training for All Ages.
Group and Family Discounts.

For more about "Soo Bahk Do" go to
www.region5soobahkdo.com/

Houghton Community Health Center The Fitness Connection

Located on the second floor of the Houghton Community Health Center, The Fitness Connection offers a variety of memberships.

- Certified, friendly staff
- Individualized personal training services
- Fitness testing
- Fitness counseling services
- Massage
- A wide range of aerobic equipment such as Woodway & Cybex treadmills, and Precor elliptical cross trainers. State-of-the-art weight training equipment including Free Motion Fitness Series. For info call: (906) 483-1887

Hours of Operation:

5:30 a.m. to 10 p.m. Monday - Friday
8 a.m. to 6 p.m. Saturday
12 p.m. to 6 p.m. Sunday

www.portagehealth.org

Helen Newberry Joy Hospital Diabetes Education

906-293-9286 or 800-743-3093

Classes are offered at Helen Newberry Joy Hospital & Healthcare Center in the Huron (main) Conference Room unless otherwise indicated.

<http://www.hnjh.org/diabeteseduc.html>

Upper Peninsula Health Care Network

<http://www.uphcn.org/>

Marquette

Marquette General Hospital Health & Wellness Info

<http://www.mgh.org>

Get Moving UP!

For Info, e-mail George Sedlacek

at gsedlacek@hline.org

(906) 475-9312

Negaunee, MI

www.fitup.org

<http://www.fitup.org>

